

City of Coquitlam

Home Workout Volume 4

Focus: HIIT Core & Cardio – 3 sets of each exercise, 40 seconds of work | 20 seconds of rest

Exercise 1: Crunch Pass



Step 1:

From a seated position, extend your legs, point your toes and slightly lean back. Keep your core engaged and hold a full water bottle in one hand. Start with both arms extended outwards.



Step 2:

Bring both hands towards your body and pass your water bottle from one hand to the other under your legs.



Step 3:

Re-extend your arms outwards, but this time with the water bottle in the other hand. Practice regular, consistent breathing throughout.

Exercise 2: Dead Bug



Step 1:

Lay on your back with your arms and legs elevated off the floor. Your arms should be straight over your shoulders and your knees should be bent to 90 degrees. Tuck your chin in toward your chest.



Step 2:

Slowly extend your left leg and right arm down towards the floor.



Step 3:

Slowly bring your arm and leg back up to original starting position.



Step 4:

Slowly extend your right leg and left arm down towards the floor. Practice regular, consistent breathing throughout.

Exercise 3: Reverse Crunch



Step 1

Lay on your back with your knees bent and your feet flat on the floor. Bring your hands up to your head and lightly touch just behind your ears.



Step 2

Lift your legs up until your hips are flexed to 90 degrees. At the same time, perform a crunch. Try not to pull on your head with your hands! Exhale while crunching up, inhale on the way down.

Exercise 4: Jumping Jacks



Step 1:

Stand with your feet together and your arms straight at your sides.



Level 1: Step 2

Low-impact jumping jacks! Step out with your right leg and reach up and across your body with your right arm.



Level 1: Step 3

Step out with your left leg and reach up and across your body with your left arm. Practice regular, consistent breathing throughout.



Level 2: Step 2

Traditional jumping jacks. Jump and extend both legs out to your sides. At the same time, lift your arms laterally up to shoulder height. Practice consistent breathing.

Exercise 5: Plie Squat Cross Punch



Step 1

Stand tall with your feet slightly wider than shoulder-width apart at about 45 degrees. Start with a slight bend in the knees, then squat down to 90 degrees at the knee. Keep your hands in fists.



Step 2

Internally rotate your right leg, bring your right knee around so that it is pointing in the same direction as your left knee. Punch with your right arm.



Step 3

Rotate back to starting position.



Step 4

Internally rotate your left leg, bring your left knee around so that it is pointing in the same direction as your right knee. Punch with your left arm. Practice regular, consistent breathing.

Exercise 6: Lateral Strides



Step 1

Stand up tall in an athletic stance – wide feet, knees slightly bent, core engaged.



Step 2

Lift one foot off the floor and bring your body weight over one leg.



Step 3

Jump and land on your opposite foot, with a bent knee. Repeat side to side and practice regular, consistent breathing. If you prefer not to jump, try stepping laterally from one foot to the other with.